

# Keto Chicago Style Deep Dish Pizza

Try this delicious, gluten-free Keto Chicago Style Deep Dish Pizza with a classic Chicago-style pizza! Crusts (non-pie dough), cheese, sausage, and sauce on top of it all!

★★★★★ 5 from 1 vote



PREP TIME

10 mins

COOK TIME

35 mins

TOTAL TIME

45 mins



COURSE

Keto, Low Carb



SERVINGS

8

CALORIES

467 kcal

## INGREDIENTS

- 2 cup Almond Flour
- ¼ cup Fine Parmesan Cheese
- 1 tbsp Psyllium Husk Powder
- 1 tbsp Baking Powder
- 6 tbsp Cold Butter
- 1 egg
- 2 tbsp salt
- ½ lb Italian Sausage
- 14½ oz Crushed Tomatoes
- 2 tbsp Italian Seasonings
- 1 tbsp salt
- ¼ Onion grated
- 2 Garlic cloves minced
- 2 cup Fresh Grated Mozzarella Cheese

## INSTRUCTIONS

1. In a food processor, combine the almond flour, Parmesan, baking powder, psyllium husk, and salt. Pulse to mix. Then add the cold chopped butter and whisk again until the butter is cut into the dry ingredients. Finally, add the egg and mix one last time until the dough forms into a ball. Set it aside.

2. In a 9-degree cast-iron skillet, gently press Italian sausage into the base of the skillet. Cook over medium heat on the stove until the bottom is brown. Flip carefully and cook the other side. When it is fully cooked, place it on a paper towel to drain the grease. Leave the pan to cool while making the sauce.
3. In a small saucepan, add the mashed tomatoes, grated onion, garlic, salt, and Italian seasoning together. Let it simmer and break up the tomatoes with a wooden spoon if necessary. Cook on low heat.
4. Grate the cheese and set it aside.
5. Preheat the grill (on indirect heat) or oven to 400°F, assemble the base of a deep pizza dish by lowering the bottom and pressing it into the base of the pan and a few inches up the sides as well (like a pie). Use a fork to poke holes in the entire crust. Bake the crust like this for 15 minutes.
6. After frying, fill a deep pizza dish with the remaining layers. First, put the dough with cheese, add a piece of sausage and then cover with sauce. Put it back on the grill over an indirect heat (or oven) and continue baking for another 15-20 minutes. The crust should be cooked, golden brown, and the sauce should be bubbly.
7. Remove from heat and leave for 10 minutes before slicing and serving. Add some Parmesan cheese on top and sprinkle with red pepper flakes.

## NOTES

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Nutrition Serving: 1g | Calories: 467kcal | Carbohydrates: 12g | Protein: 21g | Fat: 38g | Saturated Fat: 14g | Polyunsaturated Fat: 24g | Cholesterol: 87mg | Sodium: 1556mg | Fiber: 6g | Sugar: 5g



### KEYWORD

Chicago Style Deep Dish Pizza, keto, Keto Chicago Style Deep Dish Pizza, Keto Chicago Style Pizza